Amendments to the Claims:

- 1-4 (canceled)
- 5. A paper or paperboard core or tube comprising a foamed aqueous adhesive.
- 6 (previously presented): The core or tube of claim 5 wherein the adhesive is foamed to up to 40% by weight.
- 7 (previously presented): The core or tube of claim 5 wherein one or more paper or paperboard materials are bonded together with the adhesive.
- 8 (previously presented): The core or tube of claim 7 which is a single ply core or tube.
- 9 (previously presented): The core or tube of claim 7 which is a multi-ply core or tube.
- 10 (previously presented): The core or tube of claim 5 wherein the core or tube is used in the tissue, towel, carpet, textile, plastic film, paper, food or industrial storage industry.
 - 11 (previously presented): The tube of claim 10 which is a food container.

12 (previously presented): The paper core or tube of claim 5 wherein said adhesive is selected from the group consisting of polyvinylacetate homopolymer emulsions and copolymer emulsions, polyvinyl alcohol, dextrins, starches, acrylates, silicates, filled systems, crosslinkables and mixtures thereof.

13 (previously presented): A method for preparing a paper or paperboard core or tube comprising bonding together one or more plies of paper or paperboard material with a foamed aqueous adhesive.

14 (previously presented): The method of claim 13 wherein the adhesive is foamed to up to 40% by weight.

15 (previously presented): The method of claim 13 wherein the adhesive is applied to the ply material as the core or tube is wound.

16 (previously presented): The method of claim 13 wherein a single ply core or tube is prepared.

17 (previously presented): The method of claim 13 wherein a multi-ply core or tube is prepared.